

Date: 7/6/2012

Time: 1:52 PM



Pudding, Chocolate

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 bag **Cook**
Portion .5 cup
Num Portions 28

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 28

Amount Per Serving

Calories 153 **Calories From Fat** 36

% Daily Value

Total Fat 4g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 371mg 15%

Total Carbohydrates 26g 9%

Dietary Fiber 0g 0%

Protein 3g

Vitamin A 3% Vitamin C 2%

Calcium 16% Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Cholesterol

Good Source of Calcium